

newsletter

AIDS NETWORK OF EDMONTON

January 20, 1987

Volume 2, No. 1

CALL FOR VOLUNTEERS

ACT ON! FILES



The AIDS Network of Edmonton Society is putting the finishing touches to a Volunteer Training Course as the start of its campaign of support services in the community. The thirty hour course, prepared by our Social Worker, Lorraine Kupfer, in co-ordination with other AIDS organizations and with palliative care units in the city, will contain workshops on various topics, including facts about AIDS, the process of grieving and of dying, communication skills, handling crisis situations, and more. Volunteers will be trained for practical and emotional support of persons with ARC, as well as for work on the AIDS Network Information line.

If you are interested in becoming a volunteer for the AIDS Network, please call us at 424-4767 before Jan. 30, 1987. Your help is greatly appreciated, and will probably bring its own rewards.

VOLUNTEERS NEEDED TO PROVIDE TRANSPORTATION:

Two PWA's are in need of transportation to hospital for treatments several times per week, usually at mid-day. If you can provide transportation PLEASE CALL TOM AT THE AIDS NETWORK OFFICE.

WANTED: GRAPHIC ARTISTS FOR WORK WITH THE LIAISON COMMITTEE.
PLEASE PHONE: TOM AT THE NETWORK OFFICE.

In the past month, volunteers have worked a total of eighty hours for the AIDS Network of Edmonton Society. Thanks to all:

Dana H.
Roy S.
David A.
Matt K.
Tom E.
Darlene W.
Richard S.

Luke L.
Bill L.
Barry B.
Brian G.
Anne W.
Terry S.
David D.



AIDS NETWORK GREETING CARDS

If you were among the many patrons of the local clubs over the holiday season you probably received our "Season's Greetings", a bright little card with our best wishes and a "gift" compliments of the NETWORK. The gift was a colored condom.

Our dedicated volunteers distributed 1400+ cards at the three local clubs on two occasions between Dec.20th and Jan.3. The cards were designed by NETWORK staff member, Tom Gale, and were printed with financial assistance from the Health Promotion Directorate of Health & Welfare Canada. The cards were designed to increase the visibility of the AIDS Network, promote safer sex and the AIDS Information Line.

Response was good and many encouraged us to make it a tradition. Hopefully, we'll have another snappy one for next year!

The NETWORK wishes to thank the owners and staff of Flashback, The Roost and Boots & Saddle for their co-operation and assistance extended to our volunteers.

HEPATITIS B AND AIDS

Homosexual men with both hepatitis B and HIV infections can more easily transmit Hepatitis B Virus (HBV) than men with HBV infection only, reports a study from Washington and St. Louis universities.

Because HIV damages the immune system more HBV viral particles are able to enter the bloodstream. The more viral particles that exist, the greater the possibility of spreading HBV infection, says Robert P. Perrillo, MD. one of the study's authors. The study emphasizes the need for hepatitis B vaccinations in HIV-infected homosexual men, Perrillo explains.

In Edmonton, hepatitis B vaccinations are available free of charge to gay and bisexual men through the Sexually Transmitted Disease Clinic (3rd Floor, 10105 109 Street, (Phone: 427-2830). Call today! Protect your health !

Reprinted in part from AIDS UPDATE
(Atlanta, American Health Consultants,
Vol. 1, No. 12.)

news items

CANADIAN AIDS SOCIETY ELECTS FIRST NATIONAL CHAIRPERSON

Michael Phair, Chairperson of the AIDS Network of Edmonton Society, became the first national chairperson of the Canadian AIDS Society, an umbrella group of 21 AIDS organizations in Canada. Michael was elected at a meeting of the Society Directors, who met here the weekend of Jan.10,11 and 12th to discuss issues which will affect the fight against AIDS on a nation-wide scale. Items proposed included the establishment of a national office in Ottawa to co-ordinate the work of the Society, and the development of a policy on contact tracing of HIV infection, a procedure which is being introduced in several provinces. The Society also anticipates federal funding, and is preparing for the 1987 Annual Conference on AIDS, scheduled for October in Vancouver. Other Directors elected to the Executive were: Judith English of the Kingston AIDS Project who will assume the duties of Vice-Chairperson; Dr. Gilles Melanson of the AIDS Committee of Ottawa as Treasurer; and Richard Burzynski of the Comité SIDA Aide Montreal as Secretary. The Society will meet again at the end of February in Ottawa, a meeting which will include delegates from all of the Society's member groups. The Canadian AIDS Society has targeted AIDS Prevention as a priority issue.

LATE NIGHT JOAN BRINGS DOLLARS

On November 28th, the Friends of Phoenix held a benefit at the Kaasa Theatre (Jubilee Auditorium) for the AIDS Network entitled ANOTHER LATE NIGHT WITH JOAN. The event brought in \$1000.00 to the NETWORK. Needless to say we are grateful and special thanks go to the star, Joan Crosbie (Christine MacInnes) the cast of AS IS, Teatro La Quindicina, Mile Zero Dance, Lori Biamonte Three Dead Trolls In a Baggie (Comedy Team), and the Phoenix Staff who organized the event.

The AIDS NETWORK recently re-received \$263.00 from two fund raising events at Boots & Saddles and \$245.00 from Flashback's Wed. nights.

As well, \$1325. was received from anonymous donors.

THANK YOU VERY VERY MUCH

SUPPORT GROUPS



LOSS SUPPORT GROUP

All of us have by now been touched by AIDS, but sadly, some have been affected in a profound way, those losing or having lost a lover, spouse, or family member to AIDS. The AIDS NETWORK would like you to know that there is a group meeting regularly to help you through your loss. If you would like to meet with others for mutual support, please call Lorraine at the AIDS NETWORK (424-4767) for meeting place and times.

ARC SUPPORT GROUP

Living with AIDS is certainly not easy, and living ARC (AIDS-related complex) is just as complicated. The uncertainties are sometimes worse than the physical symptoms, especially, if you're all alone. That's why the AIDS NETWORK is trying to get people with ARC together to support each other through the difficult times and to appreciate the good. The group will include an experienced facilitator and the first meeting will be soon, so if you do have ARC, please call Lorraine at the AIDS NETWORK Office (424-4767) for more information. Meetings will start in mid-February.

WORKSHOPS



LOUISE HAY WORKSHOP IN SEATTLE
January 31 & February 1st, 1987

"The word incurable, which is so frightening to so many people, means to me that this particular condition cannot be cured by any outer means and that we must go within to find a cure."

Louise Hay

"Love yourself, heal your life" is the principle of the weekend workshop taking place in Seattle, Jan. 31 and Feb. 1. The workshop is open to people with AIDS, ARC and individuals who are their friends, counsellors and partners.

Louise Hay is an internationally known metaphysical counsellor and teacher. Her approach to wellness has assisted many in healing disease in the physical, mental and emotional areas of their lives.

The AIDS Network has been in touch with Seattle, and has application forms. Cost of the workshop is \$130.(US) before Jan. 17th, and \$150.(US) after that date. People with AIDS or ARC are eligible to register at half the cost and may be eligible for assistance from the Ross Armstrong Fund if they wish to attend.

The AIDS Network has a video and several audio tapes of Louise Hay, that are available for viewing or listening. These could serve as an introduction to her teaching.

Several people have registered. If you are interested, please call the NETWORK office for more information.

LIFE, DEATH AND TRANSITION WORKSHOP

A five day intensive life, death and transition workshop that will be attended by Dr. Elizabeth Kubler - Ross will take place in Edmonton, August 31st to September 4th, 1987. Individuals wishing more information or application forms should contact Lorraine at the NETWORK office.

Office Address:
10233 - 98 Street
Edmonton, AB
T5J 0M7



Telephone Number:
Info Line: 429-AIDS
Business Line: 424-4767

Office Hours:
Monday and Tuesday - 10:00 a.m. to 6:00 p.m.
Wednesday to Friday - 10:00 a.m. to 4:00 p.m.

The Newsletter is published monthly by the AIDS NETWORK OF EDMONTON SOCIETY with financial assistance from the HEALTH PROMOTION DIRECTORATE OF HEALTH & WELFARE CANADA. The AIDS Network of Edmonton Society was incorporated in February, 1986 and is presently seeking non-profit charitable status from Revenue Canada. The purpose of the AIDS NETWORK is to provide education about AIDS to the high-risk groups and the general public, support to individuals with AIDS and ARC and co-ordination of services for individuals with AIDS/ARC. Articles are usually prepared by NETWORK staff and/or the source acknowledged when reprinted.



R. ARMSTRONG FUND UPDATE

The current status of the Ross Armstrong Fund is now \$2568.00 as a result of recent donations.

ANNUAL GENERAL MEETING TO BE ANNOUNCED

The Annual General Meeting of the AIDS Network of Edmonton Society will take place in early March. Besides the usual official reports for members - elections will take place for Directors of the Society. To be eligible for a Directors position as well as vote; individuals must be members of the AIDS Network.

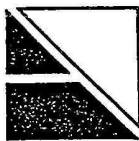
MEMBERSHIPS:

Memberships are available at the office and from current Directors. Monies collected from memberships are channeled into the Ross Armstrong Memorial Fund. The cost is \$25.00 with a reduced rate for students and unemployed (\$10.00).

Become a voice in the AIDS NETWORK.

Your input will help to shape our educational, counselling and public awareness programs.

Your financial support will help to carry them out.



Ross Armstrong Office, 10233 - 98 Street,
Edmonton, Alberta T5J 0M7
(403) 424-4767

AIDS NETWORK OF EDMONTON

APPLICATION FOR MEMBERSHIP

Name: _____

Address: _____

City: _____ Postal Code: _____ Phone: _____

A \$25.00 membership entitles the undersigned to discount admission at specified AIDS NETWORK events, regular newsletter mailings, and the right to vote at AIDS NETWORK meetings.

Signature: _____ Date: _____

Please notify the AIDS NETWORK if your address changes.

Please enquire about the reduced membership rates for students or the unemployed.

**DON'T
FORGET**

Flashback

25¢ from each highball sold
COMES TO US!

WEDNESDAYS

Picking Condoms

Lubed or dry? Lubricated condoms do not break as easily as unlubricated ones. They also give a moist, natural feeling to the skin that the dry powdered ones do not. However, some men prefer dry condoms, adding their own lube to the tip, because they cling and stay on better.

Rubbers are lubricated with gels or silicone-based products. Gels coat the rubbers unevenly inside the package, while silicone products lubricate all parts of the condom equally. The silicone coating is less gooey when you open the package, and the thorough wetness means they are less likely to break from grabbing on dry spots during use.

Is Thicker Stronger? Modern production techniques produce condoms of reduced thickness without sacrificing strength and impermeability. More important for strength is the age of the condom and the way you treat it. Condoms have a shelf life of five years under optimal conditions, but begin to deteriorate slowly after two and a half years. Condoms age *quickly* from heat, strong light and rough treatment. Don't leave them in the sun or keep them in glove compartments or billfolds for long periods.

Latex or Natural? Some men prefer condoms made from sheep gut, because the wet, slippery texture feels better to them. Both latex and sheep gut are highly impermeable, but the animal fiber condoms have walls of unequal thickness and thus may leak more easily. They are recommended for those who are allergic to rubber or have an aversion to latex. They may also work better for those who are hung *extra* thick and/or long.

Should They Fit Like a Glove? *Exact size isn't everything!* Latex stretches to fit many sizes. A rubber which fits snugly at the bottom will act much like a cock ring, making erections harder and orgasms more intense. One with more room at the top moves and feels like a foreskin. Length is not critical, as long as the rubber goes all the way to the base of the penis.

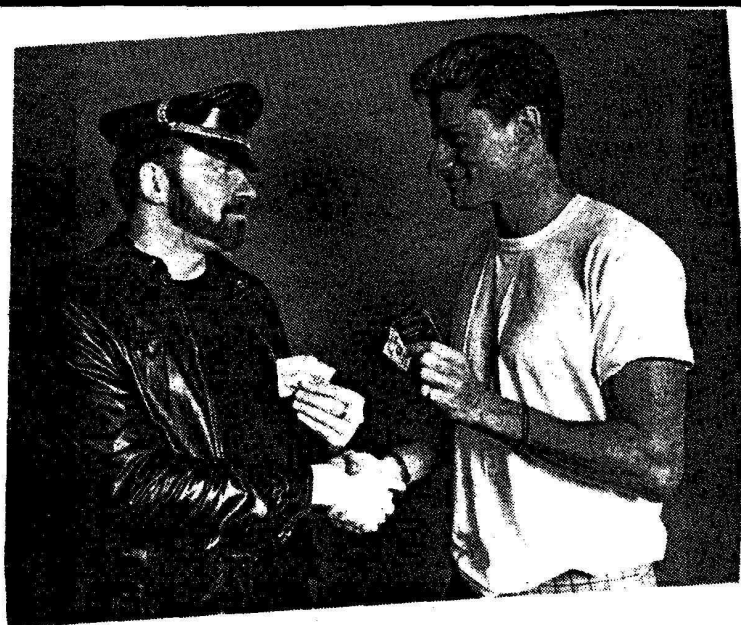
What About Different Shapes? Condoms with receptacle tips to catch the cum are recommended over rounded ends, but both are fine. Rubbers which have a mushroom top provide more sensation to the cock head by allowing it freedom of movement. For a larger glans these are also more comfortable.

Ribbed condoms have little nubbies on the outside which provide added sensation to the person being fucked. Some like this, others find it irritating.

Colours, Tastes and Smells: People occasionally object at first to the taste of latex. Some rubbers taste and smell, others are quite neutral. Find one you like, and a few experiences may prove that hot meat and rubbers taste MARVELOUS. Be careful about rubbers that are scented — the scents can cause allergies.

There is considerable variety in the taste and smell of condom lubricants, so pick what turns you on.

Though most coloured condoms are fine, a few have unstable dyes, and may run. *



Trying Condoms

Condoms are easy to use. But some careful attention can maximize your pleasure and protection. Rubbers generally fail because of incorrect use — they rarely leak or break due to incorrect manufacture.

Be prepared! Keep a convenient supply of condoms next to your bed for every-time use. Take some with you on a hot date. Use condoms EVERY time you fuck, and even for oral sex.

1. Open the package carefully. Tearing, or long fingernails, can damage the rubber. Don't test rubbers by inflating them or stretching them.

2. Keep your cock free of grease and lube for best "holding power." A generous dab of water-based lubricant in the tip of the condom will greatly increase sensation without slippage.

3. Gently press the air out of the receptacle tip before putting on the condom. Air bubbles can cause condoms to break. Plain-ended rubbers require about a half-inch free at the tip to catch the cum.

4. Unroll the condom so that it covers the entire erect cock. If uncircumcised, pull back the foreskin before covering the head with the condom. Fitting an erect penis with a condom is best, but if the cock is soft be sure to unroll the entire condom down to the base as the cock hardens. Smooth it to eliminate any air bubbles.

5. Use plenty of water-based lubricant on the outside of the rubber and on the asshole or vagina before entry. **DO NOT** use oil-based lubricants or saliva. Holes that are too dry can pull condoms off, or tear them. If your cock gets soft, or the hole is real tight, the condom may slip. Fingers held around the base of the condom will help it stay put.

6. Hold onto the base of the condom after cumming to avoid spilling the cum or losing the rubber inside your partner. Withdraw gently.

7. Throw used rubbers away. Condoms should not be used more than once. NEVER go fucking from one person to another without washing yourself well and changing rubbers.

Practice makes perfect. Experiment and enjoy! Talk with your partner to make condoms a sexy and pleasurable part of your lovemaking. *

LOVE WON'T
KEEP YOU SAFE
— BUT A
RUBBER WILL

YOU'RE
PROTECTING
YOUR HEALTH
— AND HIS

REPRINTED FROM AN INFORMATION SHEET - PUBLISHED BY THE AIDS COMMITTEE OF TORONTO (JUNE, 1986)



CANADIAN LESBIAN
AND GAY ARCHIVES

MAKE SENSE

Rating Condoms

"When approaching the shelves of condom displays, you'll be inundated with all sorts of colours and textures, special lubricants and shapes," *Canadian Consumer* magazine noted a few years back when it reported on a test of condom brands. "Characteristics like these are not known to detract from the effectiveness of the product."

Choosing a condom, then, is purely a personal matter. Here's a comparison of a number of brands available in Canada.

Brand	Diameter	Length	Nonoxonyl-9 lube	Special features
Conceptrol	3.1 cm	18 cm	No	Shaped
Conture	3.1 cm	17 cm	No	Shaped
Nuform	3.5 cm	17 cm	No	"Sensi-shaped"
Prime	3.5 cm	17 cm	No	Some failures in bursting test
Supreme	3.1 cm	18 cm	No	Shaped, ribbed
Ramses	3.1 cm	17 cm	No	
Ramses Extra	3.1 cm	17 cm	Yes	
Ramses SnugFit	2.9 cm	16 cm	No	Tighter fit
Man Form Plus	3.1 cm	17.5 cm	No	Shaped
Ultra Shape	3.1 cm	17.5 cm	Yes	Shaped
Sheik	3.3 cm	17.5 cm	No	
Trojan-Enz	3.2 cm	17 cm	No	High failure rate in bursting test
Trojan Ribbed	3.3 cm	18.5 cm	No	Gold, ribbed; some failures in bursting test
Fourex Quatr-X	4.1 cm	19 cm	No	Lambskin (not latex); expensive; high failure rate in leakage and bursting tests

**CONDOMS
STOP THE AIDS
VIRUS - IT'S
PROVEN!**

Enjoying Condoms

When I was new to condoms, I asked experienced users what they did to make condoms hot. With their suggestions I began an adventure which transformed me from a rubber-hater to an avid devotee. Here are some of the delights I have learned.

You can't make rubbers feel exactly the same way as naked skin. But you *can* explore the sensations of condoms. Once you do this, they can become as sexy as jockstraps and as much fun as other toys.

Experiment! Try using condoms by yourself. If you're clumsy the first few times, don't sweat it. If you make a mess, open another rubber and start over again. Keep several types and sizes around so that you and your partner will have a choice.

Fantasize! Put your favourite fantasy partners into scenes with condoms while you jerk off. When cruising, think up ways you'd like to get the guys you see into condoms and what it would be like.

Communicate! Talking about condoms with your partner becomes easy with practice. Be honest about your feelings. If you are nervous or awkward, say so. If you are excited by rubbers, tell your man. It gives you room to experiment, and takes the pressure off of performance expectations.

Use imagination! There are a thousand ways to make putting on condoms a hot part of sex instead of an interruption. Put a condom on your man very sensuously with your mouth. Or put it on part way and make him wonder how it's going to get the rest of the way on — go to his nipples, go for his toes, make him beg you to finish the job.

Lubricate! Used generous additional water-based lubricant. The lubrication on condoms helps, but is usually not enough. You can heighten enjoyment by pouring just a little bit of lubricant into the reservoir tip before putting a condom on. This helps keep air out of the tip and greatly increases sensation when the lubrication seeps around the cock head. It takes a little practice to get the right amount, but it is well worth the effort!

Wet! Even the best water-based lubricants dry out during use. But if you wet them with a little water they're as good as new. Have a container of warm water around, such as a squeeze bottle, sprayer, squirt gun or bowl.

Dildo! Condoms make dildoes and butt plugs easy to clean and the surface of the toys slicker, so there's less wear and tear on assholes and vaginas.

Now you know some basics. But don't stop here. Ask around and try out some of the ideas that are interesting to you.

— Clark Taylor

* Reprinted with permission from *Hot 'n Healthy Times*, published by Erotic Publications, 1150 Bryant Street, San Francisco, California 94103 USA.

THE FIRST OF A TWO PART INFORMATION SHEET ON FUN WITH CONDOMS.

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